‘Roller-coaster’ season

The Roughriders are looking to move beyond growing pains to become a contender in time for the 2013 Grey Cup in Regina PAGE 18

SO YOU WANNA BE A YOUTUBER

THIS ENTERTAINER HAS HIT 100K SUBSCRIBERS AND YOU CAN TOO — JUST DON’T MIND THE HATERS PAGE 9

SASKATOON metro®

Wednesday, November 14, 2012

News worth sharing.

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KING OF NON-FICTION

Ross King speaking about his book The Judgment of Paris at the Art Gallery of Alberta in 2011. On Tuesday King was awarded his second Governor General’s Literary Award in non-fiction, for his book Leonardo and the Last Supper. Story, page 2. CONTRIBUTED/EDWARD ALLEN

Man dead following CO leak

Woman also in hospital. Inspectors believe boiler in home west of Saskatoon leaked lethal levels of the poisonous gas

A man is dead and a woman is in serious condition after a leak of carbon monoxide in a rural Saskatchewan home.

RCMP say officers and emergency medical personnel found the recently engaged couple unconscious in a house near Asquith on Monday.

They had been discovered by a family member who came to the property west of Saskatoon to check on them.

SaskEnergy inspectors believe lethal levels of the poisonous gas leaked from a boiler. When they checked the house they were getting readings of up to 250 parts per million, said spokesman Dave Burdeniuk.

“Carbon-monoxide readings shouldn’t be above the single digits in the home at any time,” he said.

The 29-year-old man was declared dead at the scene and the 26-year-old woman was taken to Royal University Hospital in Saskatoon.

“She is in very serious condition. Quite frankly, I think she is lucky to be alive,” said Sgt. Warren Gherasim of the Warman RCMP.

No names are being released until family members have been notified.

Burdeniuk stresses annual furnace maintenance.

“It may sound like something everyone should know, but, really, do not ignore your home heating system. Don’t make it out of sight, out of mind,” he said.

Burdeniuk also said every home should have a carbon-monoxide detector.

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Supporters unite for U of R students facing deportation

Regina. Two Nigerian women at centre of immigration dispute that has drawn attention of politicians

JEFF MACKEY
Metro in Regina

About 100 supporters rallied Tuesday in support of two University of Regina students who have become the centre of a national debate on immigration.

The Nigerian women, Victoria Ordu and Ihuoma Amadi, took sanctuary in a Regina church on June 19 to avoid deportation for violating the terms of their student visas.

The event included speeches by Liberal MP Ralph Goodale, MLA Cam Broten and a reading of a letter written by the women themselves.

The women worked for two weeks at an off-campus Walmart in violation of the terms of their student visas, which only allow on-campus work.

Supporters claim that deportation is too harsh a penalty, while prominent members of the Conservative government, including Immigration Minister Jason Kenney and Public Safety Minister Vic Toews, have supported the move.

In Regina on Tuesday, federal MPs again commented on the two students who have stirred a national discussion.

Conservative MP Tom Lukiwski said these prohibitions the women violated are in place for a reason: "To make sure if people are coming across as students, they actually become students, rather than finding a place to come over to (in) Canada. Rather than going to school, they start working."

Goodale has already brought the topic up in the House of Commons.

"The government is offside and I hope that they will see the error of their ways and provide a different course out of this situation," he said Tuesday in Regina. "It would appear that the government is using a very blunt, heavy instrument of deportation that will terminate (the women's) education and damage their lives permanently."

Supporters rally at the University of Regina on Tuesday for Victoria Ordu and Ihuoma Amadi, two U of R students facing deportation. JEFF MACKEY/METRO IN REGINA

Saskatchewan native claims 2nd GG writing award

Ross King CONTRIBUTED/JUDITH GHILKS

Saskatchewan-born author Ross King won his second Governor General's Literary Award in non-fiction, for his book Leonardo and the Last Supper, on Tuesday.

King, who now resides in the U.K., says his inspiration to start writing was rooted right here in Saskatchewan.

"When I was probably 14 or 15 years old, W.O. Mitchell was one of my heroes because he was a Saskatchewan writer," said King. "Western Canadian writers in general I was interested in — like Robert Kroetsch — because they had grown up in environments similar to the one I grew up in.

"So it does give that feeling, that if they had done it — that if they came out of similar circumstances, similar landscape (and) educational background and became a writer, then that isn't out of reach for me, either."

King, who is well recognized in international writing circles, says it was a "great delight" when he got the news that he had won the award. He hopes his success inspires other small-town writers to take up the craft, noting he was inspired in a similar fashion when Canadian poet Eli Mandel once spoke at his school.

"It then makes you see that it isn't beyond someone from Saskatchewan," said King. "To be a writer, you don't have to be from Toronto or Montreal, or London or Paris — it can be someone from a small town in Saskatchewan."

King's winning book, Leonardo and the Last Supper, introduces audiences to the complex history behind the painting, which has become a cultural symbol around the world.

MORGAN MODJESKI/METRO

Health

Province creating asbestos registry

In what is believed to be a first for a Canadian province, Saskatchewan is making available to the public lists of government buildings that contain asbestos.

Workplace Safety Minister Don Morgan says the province will create an asbestos information website.

School districts, universities, health regions and municipalities are being encouraged to post their information on the ministry's web site.

The government says older buildings, especially those constructed prior to 1980, may contain asbestos.

It is not considered harmful if undisturbed, but renovations or construction work stirs up hazardous fibres that can be inhaled.

Howard Willems, a former building inspector, died Thursday from a form of cancer that comes from inhaling asbestos fibres.

Willems had argued that people should know if they're going into buildings that have asbestos.

THE CANADIAN PRESS

Public works

City readies for snowy weather

With two large snowfalls hitting Saskatoon recently, the city's public-works department is putting its snow-management plan into action.

According to public-works manager Pat Hyde, Saskatoon has allotted $5.7 million for snow-and-ice management in 2012, with an additional $1.88 million for road sanding and salting.

Although snow came early in Saskatoon, Hyde says the city is "on track" in terms of clearing streets and the budget, noting that crews are on hand 24-7 to plow and sand roads based on weather conditions and safety considerations. METRO

Court

Guilty plea in attempted murders

A Saskatchewan woman has pleaded guilty to two counts of attempted murder.

The woman was charged after she and two children were found in a running car inside a closed building north of Melfort two years ago.

The woman, who cannot be identified because of the enforcement of a publication ban, is to return to court for sentencing on Jan. 15.

She has been released on her own recognizance and is wearing an electronic monitor.

THE CANADIAN PRESS

Saskatchewan residents weigh in on affordable housing

On Tuesday, the Government of Saskatchewan reiterated its commitment to spending $344 million on 12,600 new affordable housing units by 2016. Metro took to the streets of the province's two major urban centres to ask: What do you think needs to be done to address the province's housing issues?

METRO
saskatoon@metronews.ca

Lori Berthelette, 47, Regina

"I don't know.... I think it's more complicated than people think. There is a lot of money involved and it's a big issue. It's easy to say, 'build more houses,' but who builds the houses and where does the funding come from?"

Steve Smith, 50, Saskatoon

"Well, first of all, address how many people are actually in need of housing and assess how much it would cost to even build some temporary shelters or communities for the people who are in need."

Brett Estey, 22, Regina

"I think it's a bit of a two-prong issue. First of all, you have to put more investment into it — from government — it's kind of a natural step. You have to get more workers as well. It's not simply just putting money there if you don't have any workers there to build the houses. I think it's kind of those two in combination that will do it."

Curtis Collins, 48, Regina

"Well, more rental units for sure and higher density downtown. The housing situation in Regina is problematic, as it's too expensive and too unavailable."

Bradley Hendry, 19, Saskatoon

"Maybe they could start getting more money to help out and to fix up the areas that need to be done and just help out as much as they can."

Ginelle Gillett, 30, Saskatoon

"I think the government needs to step in and put a cap on housing for people who can't afford it, No. 1. No. 2 is we need to re-evaluate mortgage situations. I mean, people can't afford it anymore, and if you don't already have a mortgage, it's very hard for people to get a mortgage nowadays."

Pitch Party celebrates entrepreneurial excellence

It's called Pitch Party, but the annual event hosted by the Wilson Centre for Entrepreneurial Excellence at the University of Saskatchewan provides entrepreneurs with more than an opportunity to pitch business ideas.

"It's a big celebration of entrepreneurship," said Nicole Walsh, communications co-ordinator for The Wilson Centre. "(This is) an opportunity to meet over 800 entrepreneurs within the community."

Brett Wilson, the centre's namesake, will be attending Wednesday's event in Saskatoon and providing the keynote address.

"His passion for entrepreneurship has helped inspire others to creatively explore and identify new business opportunities, and his success is a great example for future entrepreneurs to look up to," said Walsh.

Historically, Pitch Party offered open-mic-style opportunities for attendees from across the province to pitch business ideas, but the centre is trying something different this year.

Quoted

"(This is) an opportunity to meet over 800 entrepreneurs within the community."

Nicole Walsh, communications co-ordinator for The Wilson Centre

"This year there are prescreened pitches from five colleges within the university (U of S), showing that entrepreneurship doesn't just come from the school of business," said Walsh.

While Wilson will be giving feedback to each of the five pitching students, one winner will be selected through a text-in audience vote. The winner will receive a $500 scholarship.

Now in its fifth year, Pitch Party aims at promoting the importance and creativity of idea development.

The Pitch Party takes place tonight at Prairieland Park in Saskatoon — doors open at 5 p.m. Tickets are still available for $80 for the general public and $30 for students. JANE CAULFIELD/METRO

History behind the man

- Brett Wilson obtained a Bachelor of Science in Civil Engineering from the U of S in 1979.
- He graduated from the University of Calgary's MBA program as the first person to specialize in entrepreneurship in 1985.
- He is known as one of the former Dragons on CBC's Dragons' Den.
- He was born in North Battleford, Sask.
- In 2012, he was one of a select group to receive the inaugural Queen Elizabeth II Diamond Jubilee medal honouring the achievements and contributions of notable Canadians.
- In 2010, Wilson received an honorary doctorate of laws from Royal Roads University in Victoria.

Brett Wilson addresses the crowd at last year's Pitch Party. Pitch Party is an annual event hosted by the Wilson Centre for Entrepreneurial Excellence at the University of Saskatchewan. CONTRIBUTED

North Carolina

Court ruling may end possum drop

An annual tradition known as a possum drop that attracts thousands of people to a tiny town in North Carolina each New Year's Eve may be ending after a judge ruled Tuesday that a state agency didn't have the authority to issue a permit for the event.

The ruling would end a 19-year tradition of suspending the marsupials in a see-through box covered with holiday tinsel and lowering it to the ground at midnight. People for the Ethical Treatment of Animals had sued the North Carolina Wildlife Resources Commission, which issues the permit for the event, saying it's illegal and cruel.

"Citizens are prohibited from capturing and using wild animals for pets or amusement," Judge Fred Morrison wrote in his ruling. THE ASSOCIATED PRESS

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Jason Flaman BScPT
Cert. Sport. P.T., Dip. Manip. P.T., FCAMT
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Trevor Donald BScPT
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Another U.S. general under investigation

Scandal widens. Current top U.S. commander in Afghanistan investigated; promotion on hold

The sex scandal that led to CIA Director David Petraeus' resignation widened Tuesday, with the top U.S. commander in Afghanistan under investigation for alleged "inappropriate communications" with a woman who received threatening emails from Petraeus' former lover.

Some of the 20,000-plus pages of documents and emails between Gen. John Allen and Florida socialite Jill Kelley were "flirtatious," a senior defence official said. The official spoke on condition of anonymity because he wasn't authorized to discuss the case publicly.

Defence Secretary Leon Panetta revealed earlier Tuesday that the Pentagon had begun an internal investigation into the emails.

Allen succeeded Petraeus as the top American commander in Afghanistan in July 2011, and his nomination to become the next commander of the U.S. European Command and the commander of NATO forces in Europe has been put on hold.

In a White House statement Tuesday, National Security spokesman Tommy Vietor said President Barack Obama "remains focused on fully supporting our extraordinary troops and coalition partners in Afghanistan, who Gen. Allen continues to lead as he has so ably done for over a year."

Meanwhile, FBI searched the home of biographer Paula Broadwell. THE ASSOCIATED PRESS

FBI agents carry boxes and a computer from the home of biographer Paula Broadwell. CHUCK BURTON/THE ASSOCIATED PRESS

U.S. Gen. John Allen
THE ASSOCIATED PRESS

Case update

Paula Broadwell's threatening emails to Jill Kelley, a 37-year-old family friend of David Petraeus, led to the FBI's discovery of communications between Broadwell and Petraeus indicating they were having an affair.

- In the latest revelations, a Pentagon official would not say whether the communications are thought to include unauthorized disclosure of classified information. He said he did not know whether Petraeus is mentioned.
- Jill Kelley on Tuesday sat in her Florida home with the curtains open, in view of the media.
- If Allen is found to have had an affair he could face a military charge of adultery.

Thailand. 600 deadly cobras found in truck

Thai authorities have seized a pickup truck full of deadly cobras at a checkpoint in the country's central region. They believe the snakes came from Malaysia and were destined for a third country for use in traditional medicine or human consumption.

Thai Customs chief Benja Louicharoen said Tuesday that officials found 600 cobras worth about $16,500 in mesh bags inside plastic baskets in the truck.

Officials arrested the Thai driver after the suspicious vehicle was stopped 210 kilometres south of Bangkok. Benja said the man confessed that he was delivering the snakes to be smuggled over the border into Laos. THE ASSOCIATED PRESS

Black market

$16,500

Dollar value of 600 cobras heading for illegal market.

One of 600 cobras seized by Thai Customs is shown. The snakes were found in a truck. The driver has been arrested. THE ASSOCIATED PRESS

Scientists tap into vegetative brain

Scott Routley has been able to communicate through his brain activity, say scientists at the Western University Brain and Mind Institute. COURTESY BBC/FERGUS WALSH

Positive signs. Routley communicates that he 'isn't in pain' to a group of researchers at Western's Brain and Mind Institute

ANGELA MULLINS
Metro in London

A team of Western University neuroscientists are getting international attention for what they've known for years.

Patients in a vegetative state may not be able to talk or physically react to questions, but tests show many of their brains are alive and ticking, the doctors say.

London's Scott Routley, a 39-year-old with brain trauma from a motor vehicle accident victim, has quickly become the medical discovery's poster child.

Although Routley hasn't spoken for 12 years, he recently told a research team from Western's Brain and Mind Institute that he isn't in pain.

The message — considered the first of its kind from a patient like Routley — was conveyed this summer through an MRI scan of his brain, explained researcher Dr. Damian Cruse. Cruse and other members of the team discovered in 2010 that at least some people with severe brain injuries can think about things on command.

"We ask them to imagine playing tennis and imagine walking around their house," Cruse said. "Two very different parts of the brain light up" during an MRI.

"What we've done is say, 'If you want to answer yes to this question, imagine that you're playing tennis. If you want to say no, imagine that you're walking around you're home,'" Cruse said.

Routley imagined walking around his home after asked if he felt pain. A solid "no" response, doctors say.

Surrey Mountie killed in crash. RCMP remembers fallen officer

The Surrey, B.C., Mountie killed when his unmarked cruiser collided with a transport truck early Tuesday will be remembered as an "outstanding" officer with a family history of RCMP service.

Const. Adrian Oliver, 28, was on duty and returning to the Surrey RCMP detachment when the crash occurred at 148th St. and 64th Ave. around 5 a.m.

"He was an outstanding police officer, with a great attitude and commitment to serve others," Chief Supt. Bill Fordy said in a statement.

RCMP Const. Adrian Oliver
THE CANADIAN PRESS/HO-RCMP

The investigation into his death is ongoing as a team works to reconstruct the collision.

EMILY JACKSON/METRO

Bullying

B.C. goes online to tackle bullying

The B.C. government has unveiled an online tool designed to let children anonymously report bullying to school administrators.

THE CANADIAN PRESS

Order of Canada

Former premier receives medal

The wife of former Alberta premier Ralph Klein dabbed at her teary eyes as she received an Order of Canada medal on her ailing husband's behalf.

THE CANADIAN PRESS

Is this woman an idiot? The sign she holds tells her sorry story

Street-corner sentence. Judge throws book at woman caught driving on sidewalk to avoid bus unloading kids

Shena Hardin stood in the cold at an intersection Tuesday holding a sign.

It warned people about idiots.

It was her penalty for being caught on camera driving on a sidewalk to pass a Cleveland school bus that was unloading children.

The sign read: "Only an idiot would drive on the sidewalk to avoid a school bus."

A judge ordered Hardin, 32, to serve the highly public sentence for one hour Tuesday and Wednesday.

She arrived bundled up against the chill, puffing a cigarette and wearing head phones as passing vehicles honked.

Hardin's licence was suspended for 30 days and she was ordered to pay $250 in court costs.

Lisa Kelley, whose nine-year-old daughter boards the bus that Hardin had been passing on the sidewalk, said the sentence fits the crime.

"She's an idiot, just like her sign says," Kelley said as she watched Hardin lean against a fence, her head down and her eyes hidden by dark glasses.

"She did this almost every day last year. She won't stop laughing.... She's still laughing, so she needs to be humiliated like this."

Bill Lipold, 37, who works nearby in the blue-collar neighbourhood of older homes and factories, yelled "Why do you hate kids?" to Hardin.

He hopes the punishment works. "How else are you going to stop her from doing it again? She really didn't show remorse for her action after being caught, so you've got to try something."

THE ASSOCIATED PRESS

Quoted

"She's not remorseful, she laughed at every court appearance."

Resident Lisa Kelley

Public humiliation: Shena Hardin holds a sign that tells what a Cleveland judge thinks of her. She was caught on camera driving on the sidewalk to avoid a school bus unloading children. TONY DEJAK/THE ASSOCIATED PRESS

They failed to die for their cause, now they tell all

GRAHAM LANKTREE
Metro in Ottawa

What makes a suicide bomber?

Former top Israeli intelligence officer Yoram Schweitzer decided to find out.

For two and a half years, he interviewed would-be bombers whose missions failed.

Many, both men and women, don't consider themselves suicide bombers but soldiers, he told students and faculty at Carleton University ahead of a talk at the University of Ottawa's Centre for International Policy Studies.

"Most of them are not suicidal," he said.

"They perceive themselves to be soldiers in their own way.

"This was the easiest thing to do, in a sense, to press a button.

"Many are not part of the terrorist organizations, they just volunteer for the mission."

Were the would-be bombers disappointed by the failure of their dangerous suicide missions? Schweitzer wondered.

"They themselves told me that it was God's decision," he went on.

"They said, 'I was ready to sacrifice myself, I knew the risks. If God decided that I'm still here, then I'm here.'"

Schweitzer continued: "Some of their stories are quite touching. As more time went on, I could listen and try to understand the mindset of a terrorist.

"This phenomenon of suicide terrorism seems to be very individual at the end of the day."

Israel was hit by more than 60 suicide bombings in 2002. But since that spike, casualties inside the country have been brought down to nearly zero — a feat accomplished largely through information sharing between different Israeli military organizations, Schweitzer said.

Quoted

"I really wanted to listen to what they had to say. To have it coming from their mouth and listen to how they articulated their arguments and motivations."

Yoram Schweitzer,
One-time head of the Israeli Defence Forces' Counter International Terror Section who spent more than two years interviewing would-be bombers.

Mud, glorious mud ... not!

There goes the neighbourhood. Residents of the Hillside Park area in Daly City, Calif., woke up Tuesday to flooded streets and vehicles buried in mud after a broken water main sent 45,000 gallons of water spewing down a grassy hillside. ERIC RISBERG/THE ASSOCIATED PRESS

'Painful' claim

Mr. Elmo's teen accuser recants

A man who accused Elmo puppeteer Kevin Clash of having sex with him when he was a teen has recanted his story.

In a quick turnabout, the man on Tuesday described his sexual relationship with Clash as adult and consensual.

Clash said he is "relieved this painful allegation has been put to rest."

The man, who has not identified himself, released his statement through a Harrisburg, Pa., law firm.

The whirlwind episode began Monday, when Sesame Workshop — which produces Sesame Street — announced that Clash had taken a leave of absence in the wake of allegations he had a relationship with a 16 year old.

Clash is a 52-year-old divorced father of a grown daughter. His accuser is in his early 20s.

Clash acknowledged he is gay.

THE ASSOCIATED PRESS

Feds project larger deficits

Fall update. Weak global economy means Ottawa won't show surplus until 2016-17

The Harper government has pushed back its target date for eliminating the deficit by one year, leaving open the possibility it won't be able to fulfil two key election promises on income splitting and doubling tax-free saving accounts.

Finance Minister Jim Flaherty delivered his fall economic update Tuesday, saying global economic weakness has carved into commodity prices and tax revenues.

The update showed a bottom line for this fiscal year worse than many expected, with the deficit at $26 billion, up $5 billion from the March budget forecast.

This year's deficit would be even higher, by about $7 billion, if Flaherty hadn't hedged his bet by adding a $3 billion cushion, or margin for risk, into his budget calculations.

During the last election campaign, the Conservatives said they would establish the Family Tax Cut income sharing for couples with dependent children under 18 years of age. It would give spouses the choice to share up to $50,000 of their household income for federal income tax purposes.

The Conservatives promised it would be implemented during this term in office when the federal budget is balanced.

But when asked Tuesday about the program's fate, Flaherty said it will have to wait. "Any movement on that will have to await a balanced budget," he said.

The government had also promised to double the contribution to tax-free savings accounts to $10,000 once the budget was balanced.

THE CANADIAN PRESS

Would you pay $60M to live here?

The luxury residential building Opus Hong Kong, designed by Frank Gehry, is shown in Mid-Levels, an area east of Hong Kong. A local property company said Tuesday it sold a 6,683-square-foot apartment on the building's ninth floor for almost $60 million. It did not say who the buyer was. The sale comes amid growing concern over surging property prices in Hong Kong. KIN CHEUNG/THE ASSOCIATED PRES

Publishing. Quebecor cuts 500 Sun Media jobs

Quebecor Inc. is cutting about 500 jobs at its Sun Media newspaper division in a move that includes closing two production facilities in Ontario as it copes with lower advertising revenue.

The cuts represent some 10 per cent of Sun Media's workforce and are part of an effort to reduce annual costs by $45 million.

"Although our circulation revenue has stabilized due to strategic pricing increases, the advertising sector continues to experience declines through the news and media industry," chief executive Pierre Karl Peladeau said Tuesday.

The Southern Ontario Newsmedia Guild said about 27 journalists' jobs will be eliminated as the company centralizes copy editing and pagination in Toronto. The guild represents some Sun employees.

Up to 100 jobs will be lost when the printing plants in Ottawa and Kingston close, the guild added.

THE CANADIAN PRESS

Ekati mine

Harry Winston buys BHP Billiton's diamond ops

BHP Billiton is selling its diamonds business, including its stake in the Ekati diamond mine in the Northwest Territories, to Harry Winston Diamond Mines Ltd. for $500 million US in cash.

Under the deal, BHP Billiton's employees working at Ekati, in Yellowknife and in diamonds marketing in Antwerp, Belgium, will join Harry Winston, a Toronto-based mining and retail company.

The Ekati mine, Canada's first diamond mine, is located 310 kilometres northeast of Yellowknife and 200 kilometres south of the Arctic Circle. BHP Billiton, a diversified mining company, launched a review of its ownership in the project last year.

THE CANADIAN PRESS

Market Minute

DOLLAR 99.81¢ (-0.06¢)

TSX 12,134.66 (-56.80)

OIL $85.38 US (-19¢)

GOLD $1,724.20 US (-$6.10)

Natural gas: $3.75 US (+18¢)
Dow Jones: 12,756.18 (-58.90)

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IT'S THE END OF THE WORLD

JUST SAYIN'
Paul Sullivan
metronews.ca

Terrorists, earthquakes, hurricanes, blackouts, financial collapse, pandemic, nuclear fallout, oh my.

Not to mention the end of the world, which is even closer than Christmas: Dec. 21, according to most paranoid interpretations of the Mayan calendar.

All these threats, real or imagined, have spawned a new generation of survivalists called "preppers." And, of course, they have their own reality-TV show: Doomsday Preppers, the most watched show on the National Geographic Channel.

(Have you noticed a trend? Cable channels like The Learning Channel, the History Channel, the Outdoor Life Network, and now, sadly, the National Geographic Channel, start off all high-minded, but inevitably deteriorate into a trailer-park farce of bounty hunters, repo men, hoarders, flea-market hucksters and, now, preppers.)

Stockpiling survivalist theories

What's different about these guys from the earlier generation of survivalists, who just worried about commies, is that preppers have a techie take; they see the world as an increasingly fragile place because we're all so dependent on the power grid for our existence and Facebook.

Preppers are like hoarders with a clearly defined objective. They've got focus. Your average hoarder is an indiscriminate squirrel who stockpiles bottle caps or stuffed moose heads or — a classic — back issues of the National Geographic. Preppers, though, are preparing for a specific threat, real or imagined.

This week's featured prepper, Braxton Southwick of Salt Lake City (these guys are never from sane places like Minneapolis or Cleveland), is worried about a weaponized smallpox terrorist attack, so he's stockpiled 700 pounds of flour, 600 pounds of sugar, 800 pounds of wheat (it won't be a gluten-free apocalypse), plus water, gas, diesel fuel, biohazard suits, coal, charcoal, and eight chickens. Oh, and 14 guns so he can blast them bacteria to smithereens.

What's different about these guys from the earlier generation of survivalists, who just worried about commies, is that preppers have a techie take; they see the world as an increasingly fragile place because we're all so dependent on the power grid for our existence and Facebook. Which means, naturally, that Iran is at this very moment developing an electromagnetic pulse weapon that will shut that grid down and 747s will fall from the sky, à la Revolution, that popular FICTIONAL show on NBC.

These people are not an isolated incident. A National Geographic survey shows 28 per cent of Americans know a prepper, and, of course, there are prepper networks. (Mad jingle music: Oh I'm a prepper, He's a prepper, She's a prepper, We're a prepper, Wouldn't you like to be a prepper too!)

The Southwicks are part of a seven-family prepper pod who hunker down, er, go on vacation together.

Of course, the really sad thing is that even though these people are crazy, it doesn't mean they're crazy. A lot of the eye-rolling stopped after Hurricane Sandy. Instead of being forced to curl up on soggy mattresses, preppers were high and dry with their stockpiles and backup generators.

The latest threat? The re-election of U.S. President Barack Obama, which apparently means the economy will collapse and your debit card will be worthless.

Better start stockpiling those bumper stickers that say: Don't Blame Me, I Voted For Mitt Romney.

Braxton Southwick and his daughter Rylee are seen as they prepare for a smallpox epidemic in West Jordan, Utah. NATIONAL GEOGRAPHIC CHANNEL

Picture-perfect parody

LANCE ARMSTRONG/TWITTER

TWITTER

Internet memes

Armstrong tweets pic and gets panned

Lance Armstrong posted the provocative photograph of himself posing with seven framed Tour de France winners' jerseys on Twitter.

"Back in Austin and just layin' around," Armstrong wrote Saturday to accompany the image of him laying on a sofa below the framed jerseys in the media and games room of his Texas home.

The picture caused a flood of comical memes poking fun at Armstrong for the tweet.

METRO

Other memes

- **Going Dutch.** Holland midfielder Mark van Bommel poked fun at both Armstrong and himself with his own tweeted picture, substituting out the victory yellow jerseys with yellow cards. Earlier this season, van Bommel, who now plies his trade at PSV Eindhoven, became the first player in Eredivisie history to pick up a yellow card in each of the first five match days of a Dutch top flight season.
- **Hall of shame.** Another photoshopped image circulating the twittersphere shows portraits of pro golfer Tiger Woods, former U.S. president Bill Clinton, former California governor Arnold Schwarzenegger and Canadian ex-sprinter Ben Johnson. Woods lost numerous sponsorship deals following revelations of extramarital affairs. Claims of infidelity have also hit Clinton and Schwarzenegger, while Johnson lost his Olympic 100-metre title due to doping.
- **What am I on?** Armstrong did a Nike commercial in 2001, where he responds to the question "What am I on?" with: "I am on my bike, busting my a– six hours a day" reinforcing his belief that his body is the only thing he needs to win. A parody has since appeared on YouTube with a voice-over saying Lance was on banned substances.

Urine and you're out

Photo-enhancing technology

In this humorous Photoshopped picture, Armstrong's jerseys are replaced with images of performance-enhancing drugs and other narcotics, and a picture of a urine sample.

The U.S. Anti-Doping Agency ordered Armstrong banned from cycling for life and stripped of his Tour de France titles. The International Cycling Union, which had originally supported Armstrong's fight, later agreed to wipe out Armstrong's record titles last month.

THE ASSOCIATED PRESS

Metropolitan Panel

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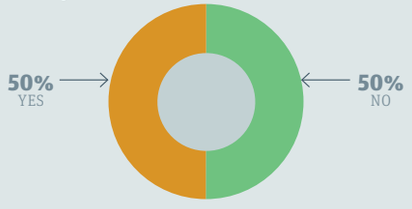
Did you attend a Remembrance Day ceremony?



Twitter

@Rory_Borealis:
I'm not sure if I have a soul, but I definitely know I've got soul.

@Heather_mo:
To the group of 4 yr olds who were waving to me like it was their job to bring joy into this world. Heart. Warmed.

@Pclothespress:
Ya, I had posters of Joe Sakic in my bedroom when I was a kid

@ASmytaniuk:
Super excited to be hosting @wildofmanitoba tonight! Let's give them a warm #yxe welcome! xo

@bogeyorangutan:
Special thanks once again to the thoughtful person in my neighborhood that puts peanuts in their bird feeder. #yxe

@sideburns_sip:
omg twitter people, ordering the carrot dill soup from Jake's on 21st in #yxe was a really good life choice today.

metro
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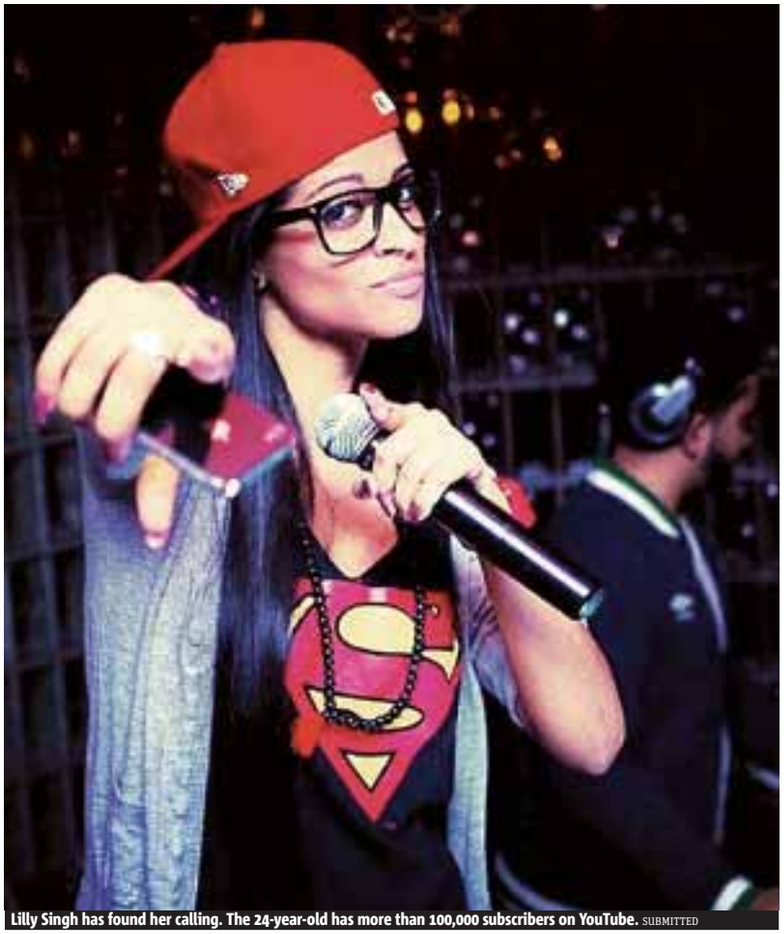
Looking for a new career? You can be a professional YouTuber

Fame. If you can get noticed, you can make some cash off the video-sharing site

RITA POLIAKOV
scene@metronews.ca



Lilly Singh has found her calling. The 24-year-old has more than 100,000 subscribers on YouTube. SUBMITTED

Lilly Singh was supposed to be a lawyer. Or a psychiatrist. Or a TV sensation.

But not a YouTuber.

"When I was younger, YouTube didn't exist," said Singh, a 24-year-old based in Markham, Ont., with a psychology degree and a knack for editing videos. "I only properly started using YouTube four years ago."

About two years ago, Singh (known as Superwoman to her cyber fans) decided to post her first video — not for fame, but for fun. Now, she not only has more than 100,000 subscribers, but has created a career on the site.

And she's not alone.

Before 2005, there were few outlets for people like Singh.

Then the video-sharing site was formed by three former PayPal employees. In 2006, it was bought by Google Inc.

As more and more users started video blogging, the concept of a YouTuber was born.

Suddenly, those who could capture the attention of enough people could make money off the site.

According to Alhan Keser, a social media marketing expert, the process is fairly simple.

"After you get a certain number of views on your videos … Google starts to share ad revenue with you," he said.

While this process has changed through the years, it served Singh well.

"Initially, before YouTube changed the format, they'd send certain people the opportunity to monetize individual videos (meaning videos can display ads)," she said.

"Now, everybody who makes content can monetize a video, but not everyone is an official YouTube partner," Singh added.

Success on YouTube is about video views. The more views, the greater chance of becoming a partner, which provides users with extra tools to succeed on the site.

"Don't get me wrong," Singh said. "I'm not balling off YouTube. I'm just barely sustainable."

While she may not be rich, the YouTuber has found her calling.

"My dad still thinks I'm going to be a lawyer till this day. I sat (my parents) down and I'm like, 'Listen. This is what I want to do, but I promise you I'll do it well,'" Singh said.

And she has.

Her videos, which range from skits about living in an Indian household to rants about the difficulties of working out — "What if there's little people that live in our boobs, and every time we do jumping jacks it's like an earthquake for them?" — often get more than 100,000 views.

"(YouTube) has allowed people to express themselves in a way that wasn't achievable before," she said.

Tips

Lilly Singh, or Superwoman, as she's known on YouTube, turned her videos into a full-time career. So how do you capitalize on the site's potential? Singh and social media marketing expert Alhan Keser, of Blue Fountain Media share some tips.

- **Make videos people want to watch.** "Unless you create content people keep coming back to, it's not going to happen. Just like any publication, you've gotta be creating content that's relevant to your following," Keser said.
- **Promote yourself.** "To get the views, a good way to start is to use the promoted videos option. You pay a small amount for your video to show up for certain searches," Keser said. YouTube's keyword tool can also help ensure viewers find your videos.
- **Don't mind the haters.** "You can not let (mean comments) get to you. You need to really love what you're going to do and commit to it. Above all, believe (in) what you're posting," Singh said.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift. ALL GETTY IMAGES

Taylor Swift doesn't want to wear the pants in a relationship

Taylor Swift has certainly had enough relationships in the last few years to get a sense of what she's looking for, and it turns out she sometimes just wants to be told what to do.

"If I feel too much like I'm wearing the pants, I start to feel uncomfortable and then we break up," she tells Harper's Bazaar.

"It's wonderful to hand over the reins to your boyfriend when you control so much of these big, high-pressure decisions, you know? That is a huge factor in who you choose to be with."

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The Word

Clock ticking on Bieber, Gomez getting back together?

While Justin Bieber fans are still in shock over his split from Selena Gomez, there might be good news for them on the horizon.

It appears the pair met up on the sly at the London Hotel in New York City this week, according to Hollyscoop.

Bieber was spotted slipping into the hotel a few hours after Gomez checked in, and she later left with a Bieber pal, Alfredo Flores, while Bieber himself reportedly snuck out the back entrance with Gomez's bodyguard.

And besides, both are expected to attend this weekend's American Music Awards, so the clock is ticking for a reconciliation.

Emma Stone

Emma Stone officiates wedding for her publicist, director

Emma Stone may not be ready to talk marriage with Andrew Garfield, but she's definitely up for helping friends get hitched.

The Amazing Spider-Man star officiated the wedding of her publicist, Holly Shakoor, to her Zombieland director, Ruben Fleischer, over the weekend in Ojai, Calif., according to Us Weekly.

"She was very eloquent and composed and didn't seem nervous at all," a source says. "(Shakoor and Fleischer) always credited Emma with them finding each other, so having her officiate the wedding was a no-brainer."

Also in attendance were Garfield, Sofia Vergara, Gabrielle Union and Christina Hendricks.

Barbara Walters

Lohan ditches Walters interview to go on Leno

Barbara Walters is "disappointed" that Lindsay Lohan's new PR team canceled their planned 20/20 interview — especially now that Lohan has announced she'll sit down with Jay Leno for the Tonight show next week.

"I think to go on Jay Leno and be adorable and amusing, there's still all the problems," Walters says on The View, adding that her chat with Lohan "would have been a wonderful interview. She could have set a lot of things straight. I think it could have helped her."

Twitter

@aplusk
What is the most useful app on your phone?

@katyperry
I finally turned the faucet back on and it's a flowing... Well well well

@ParisJackson
had soooo much fun at disneyland today!!

@SteveMartinToGo
Latest poll shows that many American believe that Abraham Lincoln is the current president who just made a movie.

5 spots to go wild

Want to see your favourite animal outside the zoo?
Here are the best places to track down some of the world's most exciting beasts.

EMMA E. FORREST
Metro World News

1 Lemurs in Madagascar

The world's fourth-largest island of Madagascar has unique and exotic flora and fauna that has evolved since it became isolated more than 160 million years ago, and its most iconic species is the lemur. There are more than 30 kinds of this cute primate living on the island. Stay at Vakona Lodge and you can go on expeditions into the local rainforests to find nocturnal and daytime lemurs including the Indri Indri, Diadem Sifaka and mouse lemur. The Lodge also has a private reserve on an island, which is home to black and white ruffed lemurs and eastern lesser bamboo lemurs that have been rescued from captivity.
aardvarksafaris.com.

2 Orangutans in Borneo

Love a flaming redhead? Then you probably love orangutans. You can find them in the wild and in rehabilitation centres in the Malaysian island of Borneo. The best place to track them down is by following one of the trails in the Danum Valley Conservation Area or by boat along the Kinabatangan River at the Kinabatangan Wildlife Sanctuary in Sabah, where you'll also see crocodiles, proboscis monkeys and elephants. The shaggy beasts also roam free at the rehabilitation centre in Kubah National Park in Sarawak, and you can join a ranger on a jungle tour to visit them.
tourism.gov.my

3 Kangaroos in Australia

Want to spot a kangaroo bouncing in the wild? The best place to find them is Kangaroo Island, South Australia, a short flight from the city of Adelaide. The island broke free from the mainland 10,000 years ago and there's even a unique sub-species of kangaroo there as well as the regular 'roos. A third of this island is preserved as a national conservation park, and it's a bit like a zoo without enclosures, with many of the country's native creatures roaming free, including wallabies, koalas and spiny short-beaked echidnas.
southaustralia.com

4 Leopards in South Africa

For the best sightings of leopards languishing in the trees, the best place is Sabi Sand, the oldest private reserve in South Africa and home to a huge wealth of Africa's most exciting animals, including lions, cheetahs, giraffes and, of course, leopards. It's also the setting for some of the country's most glamorous lodges. Their expert trackers will take you by four-by-four to hunt down leopards to shoot — with your camera, of course. For a honeymoon, stay at a lodge in the Singita Sabi Sands concession, where you can recover in plush surroundings after getting up at 5 a.m. to look for leopards.
singita.com

5 Pandas in China

Remember those adorable pandas you saw on the news when they were relocated after the huge earthquake in Sichuan province in 2008? All 18 of them have just returned to eat their bodyweight in bamboo at the Wolong Nature Reserve, 100 kilometres from Chengdu city, where they live in large, newly-rebuilt enclosures. You can hold panda babies and volunteer to look after them there or at Bifengxia Panda Reserve where the Wolong pandas stayed after the quake. It's only a two hours drive from Chengdu, and visitors can see adult and baby pandas in an enclosure.
thechinaguide.com

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Soak up the sun in Portugal's Azores

Stunning views.
Set in the middle of the Atlantic with a subtropical climate, this is the place to hit up this winter

REBECCA FINKEL
life@metronews.ca

You can be forgiven for never having heard of the Azores. On the travel shelves of most bookstores, titles will skip straight from Australia to the Bahamas. But this tiny archipelago in the middle of the Atlantic is overdue to become a destination for travellers seeking unspoiled subtropical terrain that wears its history on its sleeve.

What to see

The first thing you'll notice is the many shades of Azorean blue: the clear sky, the persistently blooming hydrangeas and morning glories, and the deep turquoise ocean stretching undisturbed for more than a thousand miles in all directions. Each island has its own geographical marvels, such as the 7,713-foot-high dormant volcano that gives Pico Island its name and the hikeable lava tunnels beneath, as well as the steaming hot springs in Sao Miguel.

What to do

Because of the variety of terrain, there's plenty to do, from hiking to scuba diving. If you're drawn to the water, the Azores has plenty of public swimming areas carved into the craggy basalt shoreline. And this former whaling capital now draws some of the Atlantic's best whale and dolphin watching. With nine islands to explore, it helps to consult a company that customizes tours to your interests and abilities. We like Picos de Aventura (picosdeaventura.com) in Ponta Delgada and A-Abegoaria (a-abegoaria.com), serving the island of Pico.

What to eat

"Meat or fish?" is often the question come dinnertime. Because of its location, seafood is the centrepiece of many Azorean menus. But beef from the island's free-roaming cattle is also a good bet. Some of the best restaurants are tiny, side-street cafés, where the prato do dia (dish of the day) and a glass of local wine will only set you back five euros.

Where to stay

Aldeia da Fonte's rambling seaside property includes a private seaside bathing area, a spa and an old whaling lookout tower. Be sure to enjoy a glass of local vino verdelho at the lovely outdoor bar (aldeiadafonte.com).

These horses enjoy the views the Azores offers. MWN

Azores — an escape from the winter. MWN

Each island in the Azores has its own marvels. MWN

Fresh produce awaits in the Azores. MWN

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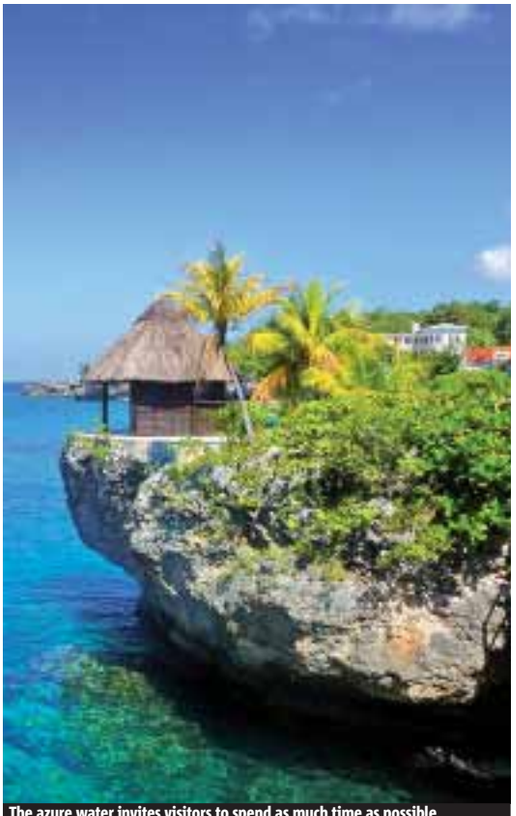
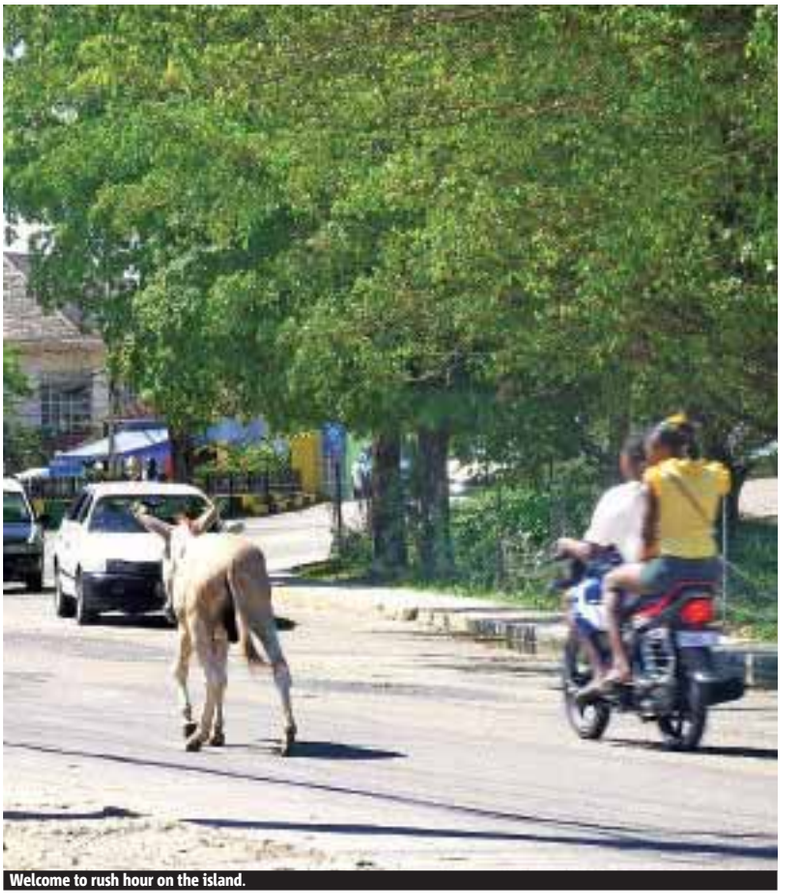
In search of Jamaica's soul

Island life. Caribbean country's people turn a regular vacation into an extraordinary cultural experience

AURÉLIE RESCH
life@metronews.ca



The azure water invites visitors to spend as much time as possible swimming and snorkeling. PHOTOS AURÉLIE RESCH



Welcome to rush hour on the island.

It all started with a gold ring my friend dropped in the sand. "Oh, no! It is so dear to my heart! I just can't lose it."

We started to scratch the sand desperately searching for the ring. Mind you, it was dusk and mosquitoes were feasting on our legs. Some people on the beach saw us and came to ask what the problem was.

Once we explained that the tiny golden ring belonging to my friend got lost in the sand as she was brushing a mosquito off her eye, the four Jamaican friends entered the search.

One appeared with a rake and they started to comb the beach. It was really dark by now and I had honestly lost hope I could comfort my friend when one of the men helping us raised his hand, the ring in his palm. We were flabbergasted and so happy he actually found it. We thanked the four friends and had dinner with them on the beach. This episode was our first introduction to Jamaican kindness and hospitality.

The day after, we shared many laughs with the two incredibly talented massage therapists who performed their art on our sore and tense muscles. These ladies had a vivid sense of humour and a very contagious joie de vivre that made our day.

Our various interactions with people in Negril and Montego Bay were charming, fun and educational. We spent time listening to Jamaicans in love with their island, history and sports, eager to share their passion and to chat. We learned about cooking, slavery, ghosts and Jamaican athletes. It didn't take long until we felt close to Jamaica.

My friend and I agreed Jamaicans are the real soul of the island. Their smile, availability and kindness make the most of Jamaica. There are places to be loved for their landscapes, others for their inhabitants. Jamaica is fortunate to combine both, with the addition of music and food.

Negril enchanted us with its pristine warm waters and its black rocky coast leading to the Negril Lighthouse. We spent as much time as we could swimming and snorkeling, sunbathing and admiring sunsets. We swam with dolphins at the Dolphin Cove and took the opportunity to join other visitors on a catamaran to explore more of the coastline and marvel at the indigo blue, stormy silver clouds and rainbows the sky displayed for us.

And then, up for a change, we would horseback ride in Montego Bay, among coconut trees, bamboo forests and wetlands. We would discover tiny farmer villages, old rum factories and mills. We would try to spot the tiny Coqui frogs famous for their unique sound, learn the name of all the fruits we'd pass by or try and feed our curiosity for history at the former plantation, the Rose Hall Great House, now a museum to the most important antique collection in the Caribbean. As for our interest in music, Reggae is everywhere, on every lip at each street corner. You can whistle, dance or sing — music is Jamaica, Jamaica is music.

Jamaica is a pretty laid back island. Even in the downtown of parishes we stopped in, we observed — and adopted — the easy going attitude. No rush, no stress. No cars or trucks to honk angrily at that donkey running loose on the road. No pressure in restaurants and stores. Everybody eats, behaves and enjoys life at a tranquil pace. And when it was time to get back home for the night, we'd opt for a villa to rent. Jamaica has the best-kept-secret luxurious properties — a business that is growing as discerning travellers prefer privacy and elegance to the busy, all-inclusive resorts. Visitors can enjoy one to seven-bedrooms, exclusive deluxe habitations with personal service, a beautiful swimming pool and elegant furniture. Villas always stand out for their refinement and are located in very secluded and private areas of the island. They are a great alternative to the chain hotels.

They say, "Once you go, you know!" Well all I know is that Jamaica touched my heart and I feel compelled to go back.

If you go...

- **Flights.** Direct service by West Jet
- **Stay.** Fairway Manor in Montego Bay

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Skip the store-bought stuff and make the quintessential fall treat at home

Did you know that small "pie" pumpkins are now available at many farmers markets so you can savour locally grown harvest flavour?

Start the savouring with this recipe, but be careful not to overbake it or the filling will dry out and crack.

Ingredients

- 1 small pie pumpkin
- 2 eggs
- 50 ml (1/4 cup) granulated sugar
- 45 ml (3 tbsp) brown sugar
- 7 ml (1 1/2 tsp) ground cinnamon
- 5 ml (1 tsp) ground ginger
- 1 ml (1/4 tsp) grated nutmeg
- 1 ml (1/4 tsp) salt
- 22 ml (1 1/2 tbsp) brandy (optional)
- 150 ml (2/3 cup) 35 per cent whipping cream
- 23-cm (9-inch) pie crust, partially baked in advance

1. Preheat oven to 180 C (350 F). Then cut pumpkin in half; scrape away seeds and fibre and place cut side down on an oiled baking sheet. Cover with foil and bake until very tender. Timing will vary from 35 minutes to more than an hour depending on the size and density of the pumpkin. Let pumpkin cool, then remove peel and mash until very smooth. If you wish, force puree through a fine-meshed sieve for extra smooth texture. Let cool and refrigerate. Set aside 375 ml (1 1/2 cups) pumpkin puree for this 23-cm (9-inch) pie; any extra can be frozen for future use.

2. In a large bowl, using an electric mixer on medium speed or with a whisk, beat eggs and both sugars together until combined and smooth and pale in colour. Add pumpkin, cinnamon, ginger, nutmeg and salt. With electric mixer or using a wooden spoon, stir to combine. Fold in cream and brandy, if using.

3. Place pie plate lined with partially baked pastry shell on a baking sheet. Fill with pumpkin mixture. Bake in a 180 C (350 F) oven until pastry is golden and filling is just set, 40 to 45 minutes. Let stand for 10 minutes.

4. Serve at room temperature or chilled, perhaps with a spoonful of sweetened vanilla or brandy-flavoured whipped cream on the side. THE CANADIAN PRESS/ ALL THE BEST RECIPES BY JANE RODMELL (ROBERT ROSE, 2009)

The Best Pumpkin Pie

This recipe serves six. THE CANADIAN PRESS HANDOUT

Drink of the Week

Cold Pumpkin Pie Cocktail

Pumpkin pie is the perfect fall treat. This delicious drink pays homage to it with tasty vanilla vodka and Baileys Irish Cream.

- 2 oz vanilla vodka
- 1/2 oz pumpkin spiced syrup
- 3/4 oz lemon juice
- 1/2 oz Baileys Irish Cream
- 1/4 oz Frangelico

Shake all of the ingredients hard and strain them into a cocktail glass. Garnish the top with a dash of cinnamon.

METRO WORLD NEWS/ COLIN MAXWELL, ABE & ARTHUR'S IN NEW YORK

Pumpkin Almond Cookies. Pair with coffee

Ingredients

- 625 ml (2 1/2 cups) flour
- 5 ml (1 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 5 ml (1 tsp) nutmeg
- 5 ml (1 tsp) cinnamon
- 125 ml (1/2 cup) each butter and almond butter
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) brown sugar
- 1 egg
- 250 ml (1 cup) reduced pumpkin puree (reduce in a pan over medium heat, stirring frequently, for at least an hour, until colour becomes a deep brown)
- 5 ml (1 tsp) vanilla
- 125 ml (1/2 cup) diced almonds, toasted
- 250 ml (1 cup) chocolate chips

1. In a medium bowl, mix together flour, baking soda, salt and spices; set aside.

2. In the large bowl of an electric mixer, cream together butter, almond butter and sugars until light and fluffy. Add egg, pumpkin and vanilla and mix until just combined. On medium-low speed, add flour mixture until fully incorporated. Remove bowl from mixer and stir in almonds and chocolate chips.

3. Drop teaspoonfuls onto a greased or lined cookie sheet and flatten slightly with the back of a spatula. Bake in a 180 C (350 F) oven for 15 minutes or until lightly browned. Transfer cookies to a wire rack to cool completely.

THE CANADIAN PRESS/ALMOND BOARD OF CALIFORNIA

Chocolate, walnuts and pumpkin coexist in bread

This delicious recipe makes an oil-based quick bread that uses untoasted walnut oil, but you can use any neutral vegetable oil. If you make the bread closer to the holidays, add dried cranberries for a seasonal touch, but the bread also is good with the addition of golden raisins and dried cherries.

Finally, decorate the top with whole walnut halves or a layer of chopped walnuts. Both the look and the texture of this extra touch are great. It dresses up a simple loaf of quick bread and gives it a rustic, homemade but professional presentation.

Ingredients

- 4 eggs
- 3/4 cup granulated sugar
- 3/4 cup packed light brown sugar
- 15-oz can pureed pumpkin
- 1 1/4 cups walnut oil (not toasted)
- 3 cups all-purpose flour
- 2 tsp baking soda
- 2 tsp baking powder
- 1 generous tsp cinnamon
- 1 tsp table salt
- 1/4 tsp ground dry ginger
- 1/4 tsp nutmeg
- 2 cups dark chocolate chips
- 2 cups lightly toasted walnuts, plus more for decorating the top

1. Heat oven to 350 F. Coat 2 standard loaf pans with baking spray.

2. In bowl, beat eggs, both sugars, pumpkin and oil until smooth. In second bowl, whisk flour, baking soda, baking powder, cinnamon, salt, ginger and nutmeg. Add dry ingredients to wet and mix well. Fold in chocolate chips and walnuts.

3. Fill each prepared loaf pan about three-quarters full with batter. Drop each on counter a few times to release air bubbles. Sprinkle additional walnuts over top of each loaf, using hand to gently press into the batter. Place pans on baking sheet to make it easier to pull out of the hot oven.

4. Bake 60 minutes, or until a toothpick inserted at centre of each loaf comes out clean. Let cool for 1 hour before slicing into thick chunks. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, A GRILLING AND SOUTHERN FOODS EXPERT AND EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS IN NEW YORK AND WASHINGTON

This recipe makes two loaves. MATTHEW MEAD/ THE ASSOCIATED PRESS

Pitch perfect: Selling the professional self

A CV for sales.
It's a position that calls for impeccable presentation, so give that resumé a serious once-over

LEAH RUEHLICKE
TalentEgg.ca

If you're looking to enter the sales industry, your first task will be effectively selling yourself through your resumé.

After all, if you can't submit a convincing pitch or create an effective sales document, employers probably won't take you seriously for an entry level sales job.

Lidia Cords, human resources and talent acquisition manager at Collective Point of Sale Solutions in Toronto, offers some tips and best practices on how to ensure you make that sale:

Sales resumé No. 1: Have an objective

Including a relevant objective confirms to a potential employer that you know which job you're applying to and have made efforts to personalize your resumé for that position. You can even mention the name of your desired role in the objective.

That being said, having no objective is better than having a general objective. "So often objectives don't make sense to the role you're applying to and you can lose credibility that way," Cords warns.

Sales resumé No. 2: Be relevant and specific

"The way you showcase your experience is what's going to set you apart," Cords says. For example, imagine two resumés with the same experience at a fast food restaurant. If one candidate lists very simply what their role was, while the other elaborates that they often worked the drive-thru and consistently beat the time allotted for each order, it's easy to see which resumé an employer is going to be more drawn to.

Demonstrating that you are a results-oriented individual is imperative in landing that sales job. ISTOCK

Sales jobs are often about meeting goals and achieving targets, whether that's in terms of dollars and cents, contacts made, meetings booked or other metrics, so it's essential that you find ways to demonstrate that you are results-oriented in your resumé.

Furthermore, not all students and new grads have a lot of direct sales experience, but there are many ways you can tap into other experiences you've had and relate them to sales.

You might have worked for your school's alumni association conducting cold calls to potential donors, for example. This would allow you to showcase your ability to communicate and negotiate with people, and express your experience making outbound calls. "This is a skill you really want to highlight for a sales job," Cords says. "You really want to pull out the relevant skills that make sense for the job you're applying to."

Sales resumé No. 3: Use keywords

The sales industry, like any field, requires candidates with particular strengths. Use words and phrases such as:

- self-motivated
- results-oriented
- competitive
- outgoing
- hard working
- driven

Then explain why these words describe you using real examples. For example, including your extra-curricular experience on a sports team will demonstrate your competitiveness. Writing about your leadership role on a committee at school shows your hard-working nature.

"Keywords are important," Cords says. "Really review the job that you're applying for and emphasize their criteria on your resumé."

Sales resumé tip No. 4 Be eye-catching and error free

Every recruiter is going to have a personal preference as to what really catches their eye, but something that all hold as absolutely vital is a resumé that is easy to read. "If a resumé is hard to read and you can't see those keywords quickly, you might get bypassed," Cords says.

Cords also emphasizes the importance of ensuring you have zero mistakes in the spelling and grammar department.

Another tip? Present your resumé in a PDF file rather than a Word document (unless otherwise specified, of course — pay close attention to what the employer is requesting).

When an employer opens up your resumé on a Word document, they're going to be presented with all of those oh-so-eye-appealing red underlines. Even if you have nothing spelled wrong, the name of a company or even your own name is bound to get noticed by the spell checker.

"This brings attention to those things rather than your experiences and what is actually important," Cords says.

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Before you send it off...

There are some little things that one might not even think about when submitting a resumé, but when you're reviewing an endless pile, these things start to get noticed:

- Ensure your contact information is correct.
- If you live outside of the city in which you are applying to, make sure you say in your cover letter that you are re-locating.
- If you are continuing your education and list this on your resumé, again use your cover letter to explain your status. Many employers may assume you are a full-time student, so if you're applying to a full-time job, this might cause your resumé to get passed on. A quick note in your cover letter that you are "taking a night class in (area of study)" should clear things up.

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Student voice

A rough go after graduation

Harmanmeet Garg
Graduate, Computer networking
Humber College
TalentEgg.ca

I came to Canada as an international student and studied computer networking at Humber College in Toronto. Then I moved to Winnipeg to settle and get permanent residency because it's easier to get permanent residency in Manitoba than in Ontario.

When I graduated, I applied for lots of jobs and I am still applying — every day I apply for 20 to 25 jobs online, and on weekends I hand out my resumés at stores.

I have the computer knowledge, excellent mathematical, data entry, multitasking and interpersonal skills, and I am hard-working, but I have received no replies to my applications.

What I'm doing now

I am working full-time at Wendy's, where I am doing my best to get promoted because I don't want to work on a grill dropping meat patties for $10 an hour.

I respect every job and profession, but it's not my career interest.

Plus, I am only earning about $1200 per month and I need money to pay back my student loan.

I am well qualified and I do my best in a job, so I am trying to get a job with a good salary in a good company.

My advice for students

My advice is choose what you study according to your interests and study hard, because when you graduate it matters a lot how well you studied.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE.

DETERMINE YOUR RISK

CANRISK QUIZ CAN HELP PREDICT YOUR ESTIMATED RISK OF TYPE 2 DIABETES

ISTOCKPHOTO/THINKSTOCK

It's a little known fact that more than one million Canadians who are living with type 2 diabetes don't even know they have it, and many others are at risk of developing it.

Thanks to an easy 11-step Canadian Diabetes Risk (CANRISK) questionnaire that takes mere minutes to complete online, you can learn your estimated risk of developing pre-diabetes or type 2 diabetes.

"Knowing your risk can help you make healthy choices now that will reduce your risk of developing diabetes," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Type 2 diabetes, the most common form of the disease, develops when your pancreas doesn't produce enough insulin or your body doesn't properly use the insulin it makes. The number of Canadians with type 2 is increasing rapidly due to several factors, including an aging population, rising obesity rates and more sedentary lifestyles.

Aboriginal people are three to five times more likely than the general population to develop type 2 diabetes. And almost 80 per cent of new Canadians come from populations that are at higher risk for type 2 diabetes, including those of Hispanic, Asian, South Asian and African descent.

The CANRISK questionnaire will ask about important risk factors for diabetes, including your age, gender, family history, nutrition choices and ethnicity. You will also need to know your height, weight and waist measurement. The results are for your information only and confidential; the information is automatically deleted when you close out of the questionnaire.

While the questionnaire is targeted mainly at adults between the ages of 40 and 74, it may also benefit younger people with apparent risk factors.

For example, if the results indicate a high estimated risk, making certain healthy lifestyle changes — such as increasing exercising, eating more low-fat foods, fibre and fruit, and quitting smoking — can reduce the risk.

Throughout the year, Shoppers Drug Mart pharmacies hold CANRISK screening days. "We really want to encourage the public to reach out to their Shoppers Drug Mart pharmacists in the pharmacies and online," Wang says.

To complete the CANRISK questionnaire, visit canrisk.shoppersdrugmart.ca. If you don't have a computer, ask your Shoppers Drug Mart pharmacist to print a paper version for you.

– Jane Doucet

CDE'S ARE A VALUABLE RESOURCE

A certified diabetes educator (CDE) is a trained health-care professional who can help Canadians manage every aspect of their diabetes care, whether you were recently diagnosed or you have lived with diabetes for years.

In addition to advising you on blood-glucose monitoring, a CDE can provide information about diabetes medications and develop healthy-eating and physical-activity plans tailored to your specific needs.

"Shoppers Drug Mart has 450 pharmacists across Canada who are certified diabetes educators," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Because the number of Canadian adults being diagnosed with type 2 diabetes is rising rapidly, there are often weeks-long waiting lists for patients to get an appointment at diabetes centres or clinics.

BANANASTOCK/THINKSTOCK

"In those cases and for ongoing care, Shoppers Drug Mart pharmacists and CDEs are a great resource," Wang says. "They can bring so much awareness to help people manage their diabetes, and they sometimes can take appointments the same day or in a day or two."

A CDE can set aside the time to meet with a diabetes patient in a private counselling area of the pharmacy. He or she might administer an A1C blood test (a marker to indicate how well your diabetes is being managed over a three-month period) or answer questions about whether certain over-the-counter medications are safe to take.

If you don't understand something about your diabetes care, keep asking questions until the information is clear. For example, if you are prescribed a medication for the first time, make sure you ask your pharmacist what its purpose is and when you should take it.

It's important for Canadians to know that they can take advantage of the wide range of support that's available through the wide array of health-care professionals in their communities. "All Shoppers Drug Mart pharmacists have the knowledge to take care of Canadians with diabetes, but CDEs have additional training," Wang says.

Talk to your Shoppers Drug Mart pharmacist about booking an appointment with a certified diabetes educator. For more information about CDEs, visit shoppersdrugmart.ca.

– Jane Doucet

SHOPPERS DRUG MART A1C CLINICS

The A1C is a test that shows the average level of blood sugar (glucose) over the previous three months. It also indicates how well you are controlling your diabetes. The higher the A1C level is above target, the poorer the blood-sugar control and the higher the risk of diabetes-related complications, such as kidney and nerve damage and vision loss.

Shoppers Drug Mart pharmacies across Canada hold A1C clinics throughout the year to help people with diabetes better manage their health.

"If you've missed a clinic but you would like to have an A1C test, ask your Shoppers Drug Mart pharmacist if he or she can administer it," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Want to take control of your diabetes?

Our Pharmacists can offer the resources and support to help.

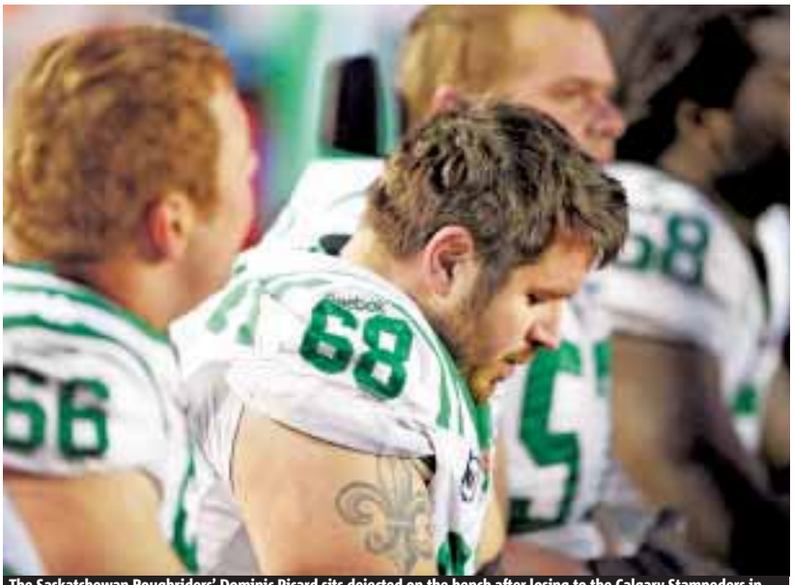
Visit your local Shoppers Drug Mart Pharmacy today to speak to a Pharmacist about taking charge of your health.

You can also speak with one of our Certified Diabetes Educators who can help you better understand and manage your condition, diabetes medications and more.

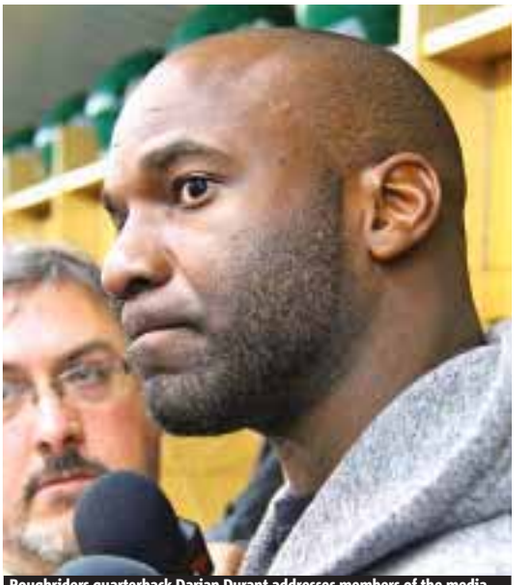
To find a Certified Diabetes Educator at the location nearest you, visit **shoppersdrugmart.ca/locator**.

Your health. Made easier.™

SHOPPERS DRUG MART



The Saskatchewan Roughriders' Dominic Picard sits dejected on the bench after losing to the Calgary Stampeders in the CFL West semifinal in Calgary on Sunday. LARRY MACDOUGAL/THE CANADIAN PRESS



Roughriders quarterback Darian Durant addresses members of the media Tuesday morning at Mosaic Stadium. JEFF MACKEY/METRO

Riders moving on from 'roller-coaster' season

CFL. Coach Chamblin shrugs off below .500 record, early playoff exit as growing pains

Quoted

"We have a base, we set a foundation. We have a good core of guys here."

Roughriders coach Corey Chamblin on the state of his team looking ahead to next year.

Corey Chamblin says he's feeling good about the future of the Saskatchewan Roughriders, even though his first season as a CFL head coach ended with an early playoff exit.

The Roughriders were looking ahead to next season after a devastating 36-30 loss to the Calgary Stampeders in the West Division semifinal on Sunday.

Chamblin says the 2012 edition of the team consisted of young players or players who were new to the league — particularly on defence — meaning Saskatchewan's mediocre 8-10 record and swift elimination from the post-season can be written off as growing pains.

"A loss is a loss. It's time to move on," Chamblin told reporters Tuesday while reflecting on a season he characterized as equal parts "good and bad."

He said it took just seconds after the final whistle for Chamblin to shift focus to improving his team next season. The Grey Cup will be played at Mosaic Stadium in 2013 and there will be additional pressure to field a contender.

"We just have to have a better team," Chamblin said, adding that it's too early to talk about potential coaching or roster moves.

Chamblin believes the Roughriders "easily could have had an 11-win season."

"If it was a stretch to get eight (victories), I'd be more disappointed," he said.

Speaking metaphorically about a team that "dug into holes and dug out of holes" since Day 1, Chamblin said more experience as a head coach and more consistency and discipline from his players will help his team take the next step.

"Discipline is something the guys have to continue to work on," he said.

The Riders opened the regular season with three straight victories and closed it out with four consecutive losses.

Describing 2012 as a "roller-coaster" season, quarterback Darian Durant said: "We came into the playoffs on a losing streak. That's not good."

Immediately following Sunday's game, Durant delivered a message to his teammates.

"Hold your head up," he told them. "Get your mind right in the off-season."

Durant says the key to success is consistency.

"We have to learn how to win," he said. "We saw what it takes to win a playoff game."

Linebacker Tyron Brackenridge said the young team needs to learn how to close out games.

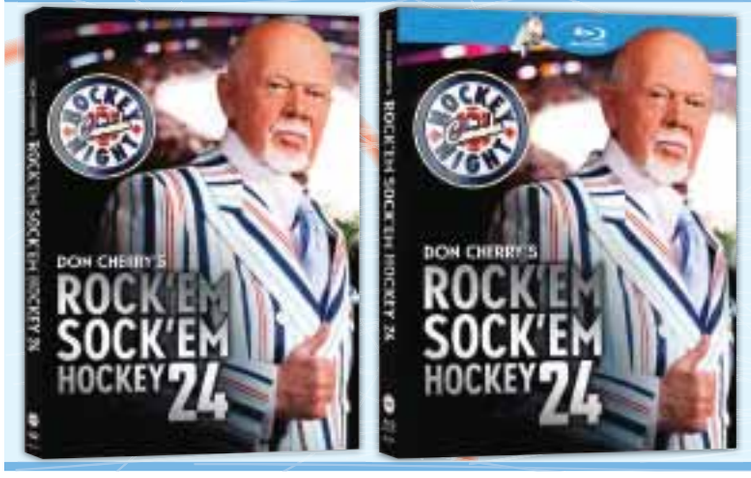
"We didn't finish," he said.

Brackenridge is confident nonetheless that improvement is close and wholesale changes are not necessary.

"The talent in this (dressing) room is unbelievable," he said. "I'll pick this group over anybody." THE CANADIAN PRESS

Least-penalized team

Saskatchewan had lapses at critical times in the loss to Calgary, but Chamblin does have something to work with as the Roughriders were the least-penalized team over the regular season.



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Sidney Crosby listens to a reporter's questions after an informal workout on Oct. 11 in Canonsburg, Pa. KEITH SRAKOCIC/THE ASSOCIATED PRESS FILE

Frustrated Crosby says complacent owners stalling deal

NHL. Pens' superstar centre frustrated by league's hard-line stance

Sidney Crosby says it takes two to tango.

The Pittsburgh Penguins captain stood by his comments voicing frustration Tuesday at the lack of movement in negotiations on a new collective bargaining agreement between the NHL and the NHL Players' Association.

And Crosby pointed the finger squarely at the owners.

"I don't think there's much negotiating going on. I think as far as the proposals are concerned, it's just kind of at a standstill right now," Crosby told reporters after skating in Pittsburgh. "I think that we've made steps to show that we're willing to negotiate.

Quoted

"It doesn't have anything to do with (money), it's the rights of players within your profession, so that's what I think guys are definitely going to stand strong on."

Sidney Crosby

"I don't think that's really happening on the other side."

Talks between the NHL and the NHLPA to end the lockout stalled again over the weekend. No bargaining sessions are planned and Crosby says players feel like they're negotiating with an unwilling partner.

"The desperation to play doesn't really seem like it's on their side. I think there's a deal to be made (but) I think negotiations have to be made if there's going to be a deal," he said. "If it keeps going like this, everybody's going to lose, there's no way around it.

"Everybody's going to lose."

NHLPA special counsel Steve Fehr told a panel in Toronto on Monday that three issues remain to be solved: The split of money, player contract rights and who pays for the damage caused by the lockout.

The NHL has proposed changes to entry-level deals, arbitration, free agency and contract limits.

Those issues particularly irked Crosby and he reiterated those feelings Tuesday.

"Guys aren't going to give in when it comes to contract stuff. It's not going to happen," Crosby said. "It's ridiculous to try to change that after the success the league and everybody's had here the last seven or eight years."

THE CANADIAN PRESS

Lines in the sand

Still holding out hope

The owners locked out the players in mid-September and all games up to Nov. 30 have been cancelled.

The Winter Classic outdoor game that was scheduled for Jan. 1 has also been axed.

It is believed a deal would need to be struck early next week for a shortened season to begin on Dec. 1.

"It's tough when you want to play hockey and I don't think the other side really takes that serious. They're able to do that, that's not their livelihood," Sidney Crosby said.

Despite his frustration, Crosby is reserving judgment on whether there will be a 2012-13 NHL season.

"I'd like to think that everyone will find a way to make it work. That's really what it boils down to, everyone finding a way to make it work," he said. "It's a bit of give and take and that hasn't really happened yet."

THE CANADIAN PRESS

Co-main event may bear next No. 1 contender

The welterweight spotlight shines on champion Georges St-Pierre and interim title-holder Carlos "Natural Born Killer" Condit on Saturday at UFC 154.

But the 170-pound division will also be impacted by the co-main event at Montreal's Bell Centre, which sees Martin "The Hitman" Kampmann face Johny "Bigg Rigg" Hendricks.

Kampmann, for one, believes the winner of his fight should get the next title shot.

"I hope so. I can't see anybody else that would deserve it," he said. "All the wins that both me and Johny have, I think it should definitely come down to being a No. 1 contender fight. There's nobody else in the division that can claim the same run that we've had."

Kampmann (20-5) and Hendricks (13-1) have been on a roll of late.

Kampmann, whose record includes a 2009 victory over Condit, is coming off wins over Rick "The Horror" Story, Thiago "Pitbull" Alves and Jake "The Juggernaut" Ellenberger.

Hendricks, a former NCAA champion wrestler at Oklahoma State, is riding a win streak that has left T.J. Waldburger, Mike Pierce, Jon Fitch and Josh Koscheck in his wake. Fitch and Koscheck have both challenged GSP for the title.

Kampmann and Hendricks used to train together in Las Vegas at Xtreme Couture. Hendricks was helping Kampmann with his wrestling. Kampmann offered tips on striking in return.

"We were hanging out a little bit too, so we know each other fairly well," said Kampmann. "But I still feel confident I'll get the win, though.

"It's not going to hold us back in the cage. We're still going to try to beat each other's heads off. But that's going to be set aside afterwards. When we're in the cage, we're there to fight."

In addition to his wrestling prowess, Hendricks has heavy hands — he needed one punch and just 12 seconds to stop Fitch, who had a five-inch reach advantage. But Kampmann is the better technical striker.

"He swings kind of reckless sometimes. That will leave openings for me to exploit, but at the same time, if you get caught by those punches, it's going to hurt," said Kampmann.

THE CANADIAN PRESS

Martin Kampmann, right, punches Rick Story during UFC 139 in San Jose, Calif., on Nov. 19, 2011. The co-main event for UFC 154 in Montreal will see Kampmann face Johny Hendricks. JEFF CHIU/THE ASSOCIATED PRESS FILE

NFL

Injury questions surround Steelers' 'Big Ben'

Ben Roethlisberger left Heinz Field on Monday night with his sprained right shoulder in a sling. When he walks back in ready to play is anybody's guess.

Steelers coach Mike Tomlin called Pittsburgh's quarterback "questionable" but otherwise offered little detail Tuesday, less than 24 hours after Roethlisberger was pounded into the ground by Kansas City linebackers Tamba Hali and Justin Houston in Pittsburgh's 16-13 win.

"He is being evaluated," Tomlin said. "Obviously this injury puts his participation in the questionable category for this week."

THE ASSOCIATED PRESS

Steelers quarterback Ben Roethlisberger GETTY IMAGES FILE

MLB. Blue Jays set up blockbuster transaction with Miami: Sources

The Blue Jays are in the midst of a blockbuster trade with the Miami Marlins.

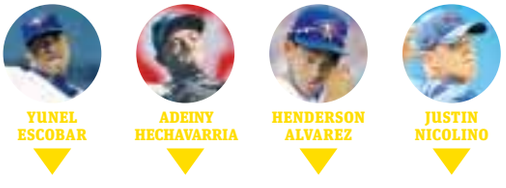
Nothing official has been announced by the team as yet, but several reports — namely, from Fox Sports baseball columnists Ken Rosenthal and Jon Morosi — indicate as many as 12 players have been traded, with the Jays sending shortstops Yunel Escobar, Adeiny Hechavarria, starting pitcher Henderson Alvarez, as well as a trio of highly ranked prospects — Justin Nicolino, Jake Marisnick and Anthony DeSclafani — to Miami in exchange for starting pitchers Josh Johnson and Mark Buehrle, shortstop Jose Reyes, catcher John Buck and utility player Emilio Bonifacio.

"Its a good day to be a bluejay!" tweeted Jose Bautista at 6:45 p.m., as news of the trade circulated on Twitter.

TORSTAR NEWS SERVICE

Key pieces to Toronto:

Key pieces to Miami:



‘With no particular place to go.’ Is the casual drive dead?

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

“Riding along in my automobile” isn’t really a pastime anymore. Nearly every journey we take serves a purpose. ISTOCK

We’ve got a skinny latte at the ready in the cup holder, a navigation system lighting our way and electric elements in the seats warming our nether regions and lower back, but we don’t seem to be whistling a happy tune behind the wheel.

Most likely we’re mumbling about the traffic or the road construction. Could also be something more generic, like the idiocy of our fellow humans, or the crush of time.

Basically, we’re getting nicer vehicles, but the nature of our trips is going the other way, the wrong way. We take too many of them, and most of them are just about getting somewhere under a tight deadline. It’s a scenario that’s killing some of the joy of driving and pushing “just going for a drive” to extinction.

Now, I don’t want to sound like a folksinger. (How many folksingers does it take to screw in a light bulb? Four. One to screw in the light bulb, three to sing about how much better the old light bulb was.) But not too long ago, I think more people went driving for the sake of it — as an enjoyable way to pass some time.

The term “Sunday afternoon drive” is still in our vernacular, but who goes on those things anymore? Last time I suggested we go on a Sunday afternoon drive the kids looked at me like I was on drugs. One turned back to their digital entertainment device without saying a word.

The other said, “Great idea, Dad,” in a totally ironic way, before turning back to their digital entertainment device.

If you’re already driving tons, I can see why you wouldn’t want to get into the car again, but that isn’t the only thing driving “not driving.” It’s been well documented that younger generations aren’t purchasing cars like previous generations — if you don’t have a vehicle at your disposal, the chances are good you’re not going on any kind of drive, particularly the “just for the hell of it” type.

In an article chronicling how car use is peaking in the rich world, The Economist had this to say about the younger generation’s totally digitalized life and indifference to the automobile: “Never before has not travelling been so much fun.”

Fuel expenses and the desire to be more green are also crimping recreational driving. And what about electric vehicles? Are you gonna blow your whole 12-hour charge on some aimless car ride?

As any culture, car culture has to constantly change and evolve. It’s evolved to a point where people are increasingly less likely to jump in a car and just drive for the sake of it.

There’s good in that for sure, but I’m just saying we’re losing a very cool pastime practiced and enjoyed by many generations before us — a pastime that, when you’re lucky, affords you an awesome headspace you’ll not find any other way.

Vital winter-busting features

Peace of mind. Automakers offer driving confidence and comfort for the cold months ahead

JUSTIN PRITCHARD
drive@metronews.ca

Whether you’re considering a new SUV, sports car or hybrid sedan, a wider range of winter-busting features than ever are making their way into new vehicles. All have the goal of helping take the unpleasantness out of winter driving — and all are more affordable and accessible than they were even five years ago.

Whatever new ride you’re contemplating, be sure to check out features designed to help keep you safe and comfortable on the go when the cold weather hits. Your sales representative would love to show you some of the following:

High performance lighting
Once reserved for high-dollar luxury cars, high-performance xenon lighting is available in more vehicles than ever before. Xenon lighting provides superior light output compared to a conventional halogen setup.

Winter tires
Winter tires give your new vehicle’s AWD system and advanced braking and stability technologies more traction to work with. In addition to maximizing grip between your car or truck and a snowy road, installing winter rubber results in a notable increase in vehicle stability at speeds, as well as shorter stopping distances.

Hands-free functionality
Steering-wheel mounted controls, voice-command and automatic features are all becoming more common and affordable. In particular, features like automatic lights and wipers, combined with voice-commanded climate control and navigation functionality all reduce the need to take your hands off of the wheel in bad weather.

All wheel drive (AWD)
The latest advanced AWD systems are now more accessible and affordable than ever, and work to enhance year-round traction on any surface. Forget that snowstorm or icy sideroad — with AWD on board, your ride will get you where you need to go with no second thought. Getting stuck in that snow-plow hump at the end of your driveway will become a thing of the past, too. Manufacturers like Mitsubishi, Subaru and Suzuki even offer AWD on their compact cars. Use winter tires with your AWD for maximum results.

Sirs and madams, your in-car concierge awaits

The Infiniti JX comes complete with a concierge who is just a call or email away. HANDOUT

Driving Force.
2013 Infiniti JX is first to offer unique 'luxury segment' service

JIL MCINTOSH
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As fancy as some cars are, there's always a limit. Buyers in the premium segment naturally want luxury and technology, but automakers have to balance several factors, including the cost, what technology is available, and if it can be integrated into a vehicle.

Perception is also a major factor in this field. Buyers have to use and like the features, and feel there is value in them.

In recent years, auto companies have put a premium on time and convenience. Today, some of the hottest "must-have" features are ones that make the vehicle an extension of the driver's itinerary, such as those that let an owner integrate a smartphone and the applications he or she already uses.

Infiniti has taken this a step further with its new Infiniti Personal Assistant, or IPA, which is standard on every 2013 Infiniti model.

The owner is given a toll-free number that connects to a "personal concierge," who identifies him through his phone number.

The operator will answer just about any request, from hotel reservations and directory assistance, to sports scores, stock market updates, weather forecasts, and more.

"We are the first automotive manufacturer in Canada to offer this," says Michael Kopke, chief marketing manager for Infiniti.

"You actually get a human being. You're not hitting 'one' for this and 'two' for that.

"It could be as simple as booking a restaurant or ordering flowers, but when we tested it before launching, we had IPA help with sourcing a refrigerator at the best price and the location to find it."

The service is unusual in that it can be accessed anywhere by telephone, rather than only through the vehicle itself (it will work on a phone paired to the car, of course).

While the call connects to a U.S. centre, and information can be obtained for just about anything worldwide, calls from Canada are answered in English or French, and information is Canadian-specific when required.

Depending on the request, answers can be given right away, or sent as a text message or email. Links are included so information can be downloaded into smartphones, such as a Google map or a company's website.

"It's part of being participatory in the luxury segment," Kopke says.

"People are busy. If they're not busy with their profession, they're busy with their family lives. We're catering to our customers, whether they're stuck in traffic or taking kids to soccer practice."

Details

- **Older models.** IPA plans can be purchased by drivers who already own a 2012 or older Infiniti vehicle. Several companies offer connection services, such as GM's OnStar, but Infiniti says it is the first to offer a concierge service.

Winter's almost here and it's time to come up with an escape plan.

YOU COULD WIN
a trip for two to escape to Saint Lucia!

There are 2 prizes available to be won and consist of:

- Airfare for 2 to Saint Lucia via Air Canada Vacations
- Seven-night all-inclusive stay at the Morgan Bay Beach Resort, an Elite Island Resort

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Hum through any rough ride

Second Gear.
2006-2010 Hummer H3

PHOTO: WHEELBASE MEDIA

Few machines in recent history combine real-world 4x4 capability and stand-out styling like models from GM's now killed-off Hummer line. The original, military-grade Hummer H1 pops into the minds of the masses when the brand is brought up — though GM successfully marketed a smaller civilian model called the H3, and it came with features including power seats, premium Monsoon audio, a driver computer and more.

Common Issues

Earlier five-cylinder powered models suffered from a cylinder head problem, which could cause potentially severe engine problems. Symptoms may include a rough idle, poor power delivery, or a loud ticking sound. This problem was most likely to present itself while the H3 was still under warranty — though approval from a GM mechanic should be sought, just to be safe. Note that V8-powered H3s aren't affected by this issue. Have a mechanic check the underside for any signs of excessive rust, leaks, or damage caused by careless off-roading. Ensure the H3's 4x4 system can switch between its various modes as described in the owner's manual. If that's not the case, be sure to find out why before agreeing to fork over any cash.

Engine

Standard five-cylinder models packed 220 or 242 horsepower depending on the year, while an available 5.3 litre smallblock V8 turned out 300 ponies.

What owners like

Capability, styling and toughness are some of the most-loved attributes of the H3. A smooth and comfortable ride, small turning circle and easy maneuverability can be expected, too.

What owners dislike

Gripes centre around a cramped rear seat, a small cargo hold and limited at-hand storage up front. Many owners also wish their H3s had more intuitive control placement, too.

Verdict

The H3 should prove a worthy ride for a shopper concerned mainly with style and capability. Those after fuel efficiency, modesty and sensibility are best advised to look elsewhere.

Horoscopes

Aries
March 21 - April 20
From today on, a relationship issue won't seem so important. Most likely, you have reached the point where someone's negative behaviour no longer annoys you the way it once did. You have more important things to worry about.

Taurus
April 21 - May 21
Mercury's move back into your opposite sign means you won't be able to go your own way or do your own thing for a while. Whatever restrictions are placed on you, just accept them. They're only temporary.

Gemini
May 22 - June 21
Recent events have taken a lot out of you, both physically and mentally, so you really do need to slow down for a while. Put your wellbeing first today, and for the rest of the week. Work can wait.

Cancer
June 22 - July 23
It's time to get serious about your creative endeavours. Most importantly, you need to have a clear picture in your mind of what it is you are aiming to accomplish. And yes, that's "aiming", not just "hoping".

Leo
July 24 - Aug. 23
Your domestic situation is in a period of flux and what happens today will make it obvious that if you don't make changes, other people will. You don't have to act immediately, but you do have to get serious about it.

Virgo
Aug. 24 - Sept. 23
The planets will find ways to tell you that you are taking too much for granted and need to look again at the way you think about, and interact with, the world outside your door. Open your mind to new possibilities.

Libra
Sept. 24 - Oct. 23
You will get another chance to resolve a financial issue that has been casting a shadow over your life in recent weeks. And, this time, you must take it. You already know what needs to be done, so do it.

Scorpio
Oct. 24 - Nov. 22
Mind planet Mercury, which is in one of its retrograde phases, moves back into your sign today. So, most likely, you will have to reconsider an issue you thought had been resolved. Looks like other people don't agree with you.

Sagittarius
Nov. 23 - Dec. 21
How can you change your life for the better? What things can you improve on today so your tomorrows will be more enjoyable? Give it some thought and then get busy. Any day can be a new beginning.

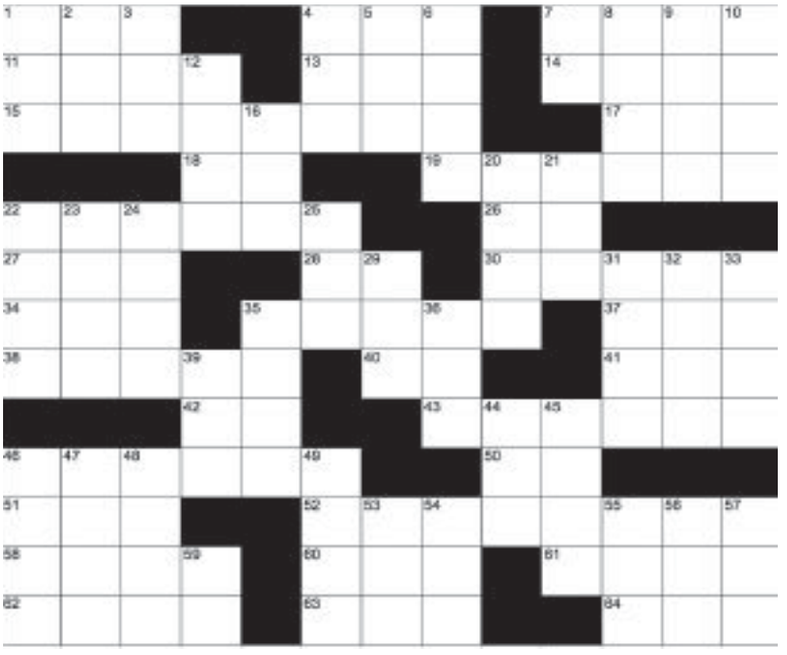
Capricorn
Dec. 22 - Jan. 20
The planets are again trying to tell you that you will only make progress if you find ways to bring others into your plans. Are you the sort of person who knows how to share? If not, maybe it's time to learn.

Aquarius
Jan. 21 - Feb. 19
This is a good time for matters related to your career but you will need to be on your guard. Don't let a rival steal the glory that should have been yours. Use your elbows and barge your way to the front.

Pisces
Feb. 20 - March 20
You may want to be on the move but that may not be possible today. Most likely, you will have to stay where you are and take care of a situation that no one else is qualified to handle. SALLY BROMPTON

Canadian Crossword

BY BETTY MARTIN



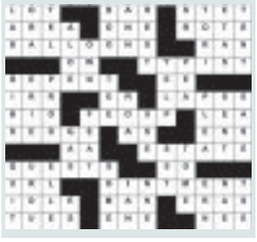
Across

1. Corner —
4. Note paper
7. Trendy New York area
11. Operatic solo
13. "Hold on Tight" gr.
14. Dog and cat menace
15. University or college hearings
17. Carol Burnett tugged on this
18. Dr. Camille Saroyan on Bones (init.)
19. Mistakes
22. Fired (sl.)
26. Ready – Not
27. Mineral
28. Used in the summertime (abbr.)
30. Broadcasted
34. Plural suffix
35. Fireplace coal
37. Actress Gardner
38. Filthy weather
40. St. bordering New York
41. Actor Beatty
42. For example (abbr.)
43. Heads the meeting
46. Stress
50. Little House – the Prairie
51. Quick – – bunny (2 words)
52. Image
58. Allows
60. Boxing great
61. New York canal
62. Star of I Dream of Jeannie
63. Mad —
64. Part of i.e.

Down

1. Guys partner
2. — we there yet?
3. Command for Fido
4. Apiece (abbr.)
5. Lager
6. Rx directive
7. California city (abbr.)
8. Butter substitute
9. Listen
10. Rowboat needs
12. Letter starter
16. Southern Indian tribe
20. Lion's yell
21. Country abbr.
22. Video game slot
23. Math calculation
24. Robert Stack in The Untouchables
25. Water barrier
29. Canadian Broadcasting Corporation (abbr.)
31. Hindi queen
32. For always
33. My Two —
35. Ogles
36. And so on.... (abbr.)
39. Even score
44. Gardening implement
45. Green Gables girl
46. Mrs. Roy Rogers
47. Utilized
48. Merit
49. Shut the door forcefully
53. Island (Fr.)
54. Relative
55. Before (poet.)
56. Family member (abbr.)
57. Lay down
59. "Jurassic Park" actor (init.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			3	4	6			
	2			5			6	
	6	7				4	1	
		5				9		
8		9		6		7		1
		6				2		
	4	8				3	2	
	9			1			8	
			7	3	8			

Yesterday's Sudoku

A Prairie Christmas Shopping Show 2012
ADMISSION Adults (18+) $10 Children (12 and under) FREE
$5 ADMISSION with a donation to the Saskatoon Food Bank!
Nov. 16 - 18
Friday 3 - 9 pm
Saturday 10 am - 6 pm
Sunday 10 am - 5 pm
Prairieland Park

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$118/wk

2012 HYUNDAI ACCENT GL
B5583
~~$18,995~~ $17,888
SAVE $1,107

$118/wk

2012 HYUNDAI SONATA GL
B5560
~~$21,995~~ $18,888
SAVE $3,107

$124/wk

2012 HYUNDAI ELANTRA GL
B5569
~~$20,995~~ $19,444
SAVE $1,551

$169/wk

2011 HYUNDAI SANTA FE GL
B5565
~~$28,995~~ $26,888
SAVE $2,107

$164/wk

2011 HYUNDAI SANTA FE GL 2.4 PREMIUM
N855172A
~~$27,995~~ $25,888
SAVE $2,107

$74/wk

2010 HYUNDAI ACCENT GL
N332158A
~~$10,995~~ $9,888
SAVE $1,107

$199/wk

2010 HYUNDAI VERACRUZ LTD AWD
N326028A
~~$28,995~~ $27,888
SAVE $1,107

$138/wk

2008 HYUNDAI TUCSON GL AWD
N325898A
~~$17,995~~ $16,888
SAVE $1,107

$158/wk

2009 FORD EDGE SEL AWD
B5587
~~$24,995~~ $23,888
SAVE $1,107

$158/wk

2012 FORD FUSION SEL AWD
B5581
~~$25,995~~ $24,888
SAVE $1,107

$108/wk

2006 PONTIAC PURSUIT SE
N333104A
~~$10,995~~ $9,888
SAVE $1,107

$158/wk

2010 JEEP WRANGLER SPORT
B5576
~~$22,995~~ $21,888
SAVE $1,107

$289/wk

2008 GMC SIERRA DENALI 4x4
N855054A
~~$34,995~~ $32,888
SAVE $2,107

$98/wk

2011 MAZDA 3 GX
B5544
~~$17,995~~ $15,888
SAVE $2,107

$109/wk

2011 FORD FOCUS SES
N332242A
~~$19,995~~ $16,888
SAVE $3,107

$118/wk

2009 HONDA CIVIC LX COUPE
MEC001
~~$17,995~~ $16,888
SAVE $1,107

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